



# COMMON SENSE in the HOME

EDITED by MARION HARLAND



## INCREASING THE FAMILY INCOME AT CHILD'S EXPENSE

SUCH are tossed into my lap almost daily. My faithful coworkers have taken them up, one by one—family government, domestic service, the place of the "in-law" in his or her new setting, et cetera, et cetera—never shrinking their part in the task.

The following letter, from one of my cherished constituency, touches upon a matter of so much general interest that I cannot refrain from laying it before you for the benefit of your thought and comment.

"I am writing to you for your advice, as I have done before. You gave me some good counsel at the time of my engagement and when I was getting ready to be married, and I have no doubt you can help me again now.

"You have so many letters that you may have forgotten my circumstances. I was an expert stenographer before I married and wished to keep up my work, but my husband did not like the idea. Now I have a chance to take another position and I am strongly tempted to do it. My husband is a doctor, and although he is doing fairly well, we need more money, especially with the prospect of educating our little girl and providing for her. She is 5 years old and goes to kindergarten. I have a good maid who has been with me for three years and my baby adores her. Do you see any reason why I should not go to work when I can get a fine salary by it—it is legal work, and that always pays well—instead of staying at home and saving the little I can by doing my own housework? My husband has come around to see the necessity of a larger income than we have now, and this is the only way we can make it. Do you think I would be neglecting my child if I leave her from 9 in the morning until 5 in the afternoon? The money I make will be for her."

"PERPLEXED."

### Why Business Life Lures.

This same sort of question is, in one form or another, presenting itself all the while. The time appears to have come when the woman who married took it for granted that her husband should labor to earn the money to run the home while she does her part by managing the expenditures and doing the work of the house.

I do not believe with certain writers and speakers that the change is due to social unrest and the destruction of old traditions. I think that it comes from the new departure in the way of woman's work which makes it as much a matter of course for the daughter to go out and earn her own living as it is for the son, which leads a girl to plan her occupation by the time she is out of the primary department of the public school, and inclines her to feel it a waste to put a full stop to her chosen activities when she marries.

Undoubtedly there are other reasons. The girl who is accustomed to work in a bustling business or office, where she is brought all the time into contact with other workers, naturally feels the contrast when she is settled down in a quiet little home from which her husband is absent during

most of the daylight hours. If she is quick about her work the care of the house does not demand all of her time and energy, and before long she yearns for the rush of affairs she has followed for years. More than this, she misses the money she used to earn for herself. She wants things her husband's income cannot afford her, and when she thinks how easy it would be for her to make it by a return to the work she likes you can easily understand why she does it.

I have been called old-fashioned, and I dare say. I justify the application of that epithet when I remark that my natural impulse is to say that when a woman marries her place is her home. To begin with, her husband probably married her for the sake of having a presiding genius who would make the home he desired. There should be plenty of scope for her in it if she improves every opportunity offered her. Home making is not all housekeeping—it is self-development along the lines of study of domestic science, of household economics, of knowledge of dietetics, and of all else that goes to make up the profession of the wife and housekeeper. You are making one of the most serious of mistakes if you drift into the notion that your mental growth stops when you enter matrimony. You have before you the ideal of making yourself not only a companion for your husband but an incentive to higher and better progress in every line.

### How Wife May Help.

I show my old-fashioned proclivities still further when I say that you should welcome children and devote yourself to them when they come. For my own part I have never seen reason to withdraw an utterance I made many years ago that the woman who fills full the professions of wifehood and motherhood has all the ordinary human being should attempt.

At the same time I am not so retrogressive as not to see the justice of some of the arguments brought in favor of work on the part of the married woman. Only the other day I heard of an interesting case which illustrates my point.

A woman with two children, a boy of 12 and a girl of 10, had accepted a position which took her away from home from 2 until 5. The mother rose in time to get the breakfast, clear away the dishes, and make the beds, with the assistance of the boy and girl. They went to school, taking a lunch with them. She and their father went to the office, the mother doing the marketing on the way and returning in the afternoon in time to start the dinner that was to be ready at 7. The children came home after school and studied or employed themselves until their mother arrived.

It was not an ideal condition, but the husband's income was slender, the boy and girl were determined to go to college, as friends of theirs were planning to do, and the mother decided that sooner than thwart them in this she would sacrifice the con-

ventional home ideal for the sake of the good salary which would make their education possible. Of two undesirable courses she chose the least disadvantageous.

A like case is that of my correspondent who better supplies the text for my talk.

upon most incomes that they are unfitted to meet. Especially this is true in the case of the great army of clerks and other workers in similar lines, whose salaries have not risen in anything like an adequate proportion to the growth in the expense of rent.

give her children and herself benefits which will make for their improvement in every way?

Sometimes the way is made easier for her and her home by the presence in it of a relative—a mother, a sister, or an aunt—

her growing children to the care of even the tenderest relative pays a big interest on the money she earns.

Even when there are no children in the home I confess to a regret when a newly made wife leaves her house to become a

Lonely Child.

At the same time I recognize the obligation of a different course in such contingencies as I have already intimated and in many others. In the ranks of the laboring poor such departure from the home is taken for granted. My landlady is the mother of a 6 year old boy whom she has to leave alone when she starts to her work in the morning. The little chap eats the breakfast she has prepared for him, washes the dishes, locks the house, and goes to school with the key of the door tucked around his neck by a string, comes home at noon for the lunch he gets, and clears away for himself, and goes back to school, and after his return when school closes amuses himself as best he may till his mother gets home. "He's just like a little old man!" his mother said, complacently, when I wondered that she dared leave him to himself.

Is there a mother whose heart does not contract at the thought of the loneliness and neglect which brought the child to such maturity? The poor mother could not help it and there are many others like her, but who would force such discipline upon a child if it were in any way possible to avert it? When the necessity arises we must meet it as best we can, but personally I would shrink from the experience.

At the same time the question is so large, so far-reaching, that I feel it to be one upon which the judgment of my constituency might well be exercised. I would like to ask you who have given me your opinions in many other problems to bring your attention to bear upon this. How do you stand on the idea of married women going out to work? I do not refer to the cases of absolute necessity, such as that of the landlady and others placed like her, but to instances where the additional money would mean better dress, better surroundings, more freedom from financial care, more opportunities for education and enjoyment, for travel and recreation.

Are these worth more than the old ideals of the home, the standards we have always held of the wife and mother's place in it? Does what she earns in the way of money compensate for what she loses in household loss, or are these in reality worth more than what may be merely sentimental theories, born of long use and custom, and now become outworn and old-fashioned?

Will you think the matter over carefully and impartially and let me know?



"The mother who has to leave her growing children to the care of even the tenderest relative pays a big interest on the money she earns."

She, too, wishes to earn the money which will educate her child, since the husband's means are not sufficient to do this. There is no reflection on the man's willingness or industry when she becomes a wage earner. The increased cost of living puts a strain

on food, and clothing. When a woman has a faculty for money making—a faculty which she proved before her marriage—what more natural than that she should turn it to account when she knows that its exercise will not only ease her husband's burden but

who can look after the house and the children during her absence—an absence which may render it possible for her to give the relative the shelter of her roof. In that event the sacrifice is less severe, although in any case the mother who has to leave

breadwinner. Part of my old-fashioned peculiarities again, I dare say—but the theory that the married woman whose husband should support her has no business to take a place which might otherwise be filled by a single girl who needs the job for

## MARION HARLAND'S HELPING HAND.

### IMPORTANT NOTICE

BECAUSE of the enormous number of letters sent to the department I must ask contributors to limit their communications to 100 words, except in cases of formulas or recipes which require greater space. I want all my correspondents to have a showing in the Corner, and if my request in this respect is complied with it will be possible to print many more letters.

Attention is called to the fact that Marion Harland cannot receive money for patterns, as she has no connection with any department that sells them.

"N reply to a request I have seen in the Exchange for a recipe for rhubarb marmalade I enclose one I have used and found good."

"Cut in pieces six pounds of rhubarb, put it into a dish with three pounds of white sugar, a teaspoonful of salt, the juice of a large lemon, and the thin cut rind of an orange. Let these stand together all night. The next morning put into a stew pan with three more pounds of sugar the liquid you strain from the fruit. Boil this sirup twenty minutes and add to it the other ingredients, the rhubarb and orange peel, and boil fast for fifteen minutes. Keep it at a steady boil, but do not stir it. Turn into small glasses and seal as you would other marmalade."

"This is a wholesome sweet as well as a good one. May I suggest that the addition of a few seedless raisins at the time the fruit goes into the sirup gives a pleasant flavor to the conserve? It is good without them, but to my mind, better with them."

### For Stomach Trouble Sufferers.

"In answer to an inquiry for whole wheat bread I send the following, which has been tried and found to be just the thing for people suffering from stomach trouble."

"Six cups whole wheat flour, two tablespoons sugar, one tablespoon butter or shortening, adding salt if fresh shortening is used, one cup sour milk, to which is added a scant teaspoon of soda. Bake in a well greased bread tin for an hour or until it is baked through. It can also be made with sweet milk and baking powder. If you like you can add a cup of currants or a cupful of finely ground nuts."

"These make delicious sandwiches, especially if spread with peanut butter."

"The following is an excellent recipe for Johnny cake:

"This is the first time I have visited this column to help, although I have been a constant reader of it for years. I am glad to lend a helping hand. Mrs. J. D. V."

"We are glad to welcome you to our band of helpers, and I am especially pleased to have the recipe for whole wheat bread, which is steadily gaining favor with sensible eaters. Mothers have come to understand how much more wholesome and nutritious it is, how much richer in all the elements of muscle and bone making than bread made from overbleached white flour. To my own taste it is better in flavor than white bread, and when enriched by the addition of fruit or other pleasant children almost as well as cake and is far more digestible."

"Another correspondent sends us directions for making it without yeast:

"I see that 'A. G. T.' asks for a recipe for whole wheat bread without yeast. I send one with this, and if she will write to me I will tell her where she can get a freshly ground whole wheat flour which excels any other I have ever used."

"One egg, beaten light; one cup sour milk or cream, quarter cup melted butter, quarter cup sugar, one teaspoon soda in milk, salt to taste, whole wheat flour to make a dough which would drop thick from the spoon, about two and a half cups. Turn it into well greased small pans. Let it rise about twenty minutes, and bake in a slow oven."

"This recipe varies a little from the other and seems a trifle richer. I regret that we give only your initials and home town, so that it is impossible for me to supply your address to A. G. T. in order that she may write to you about the whole wheat flour. Will you kindly repair this omission?"

**Bran Bread Recipes.**

"Will you please print a recipe for bran bread? Or if one has been given recently, kindly let me know how long ago."

"Mrs. E. W. W."

Half a dozen recipes for bran bread have been printed during the last two months. If you have kept a file of your paper you should have no difficulty in finding one.

"Governing Children."

"I have been much interested in the various letters about corporal punishment which have appeared in your columns and I have wondered if any one would be helped by my remembrance of the varying causes, effects, and results which have occurred under my observation in children from 5 to 16 years of age. If I can be of any service to parents who have trouble in governing their children I will be happy to write to them. Please give my address to those who ask it with this object in view. L. W. A."

"So far as my experience goes there are always mothers having trouble with their children and desiring advice. For their benefit I publish the above and hope that those who need help may find it through

this correspondent. I shall be happy to give her address to any one writing for it and inclosing stamp."

### Stuffing.

"As this is preëminently the season for poultry it gives me pleasure to print the following recipes for poultry stuffing or dressing sent by one of the constituency:

"OYSTER STUFFING.—Strain the liquor from a quart of oysters and put with them enough browned bread crumbs to hold them together, softening the mixture with the oyster liquor. Pepper and salt are the only seasonings needed."

"ONION STUFFING.—Chop four good sized onions fine and put with them enough browned bread crumbs to fill the fowl. Season highly with salt, pepper, thyme, sage, parsley, and celery seed, and moisten the whole with warm water. Do not make it too wet. Finely chopped celery may be used as a substitute for the onions by those who do not like the flavor of the latter."

"PRUNE STUFFING.—For those who fancy sweet stuffing, prunes form an excellent dressing. Stew a pound of prunes until tender, but not broken, seed them carefully, put with them half as many brown bread crumbs and use as you would any other stuffing."

Mrs. J. A. D."

There is certainly a good variety here which should make a change of flavor in poultry dressings. The oyster stuffing is particularly nice for the turkey, and the onion is for geese and the celery for ducks. My own preference in the last would be to use no water at all, but to moisten only with butter or with chicken fat. I have never tasted a stuffing moistened with milk or water which was not a little sodden."

### Spots on Nickel Plate.

"Please let me know what will take either paint or calamine spots from nickel plate and also mildew spots from a shirt."

"In a Hurry."

I know of nothing better than turpentine for removing paint spots. Apply it with a flannel and rub well. Calamine should yield to this or to kerosene, or to soap and hot water. To take out the mildew boil the shirt in cream of tartar water, rinse it out, and lay it in the sun. If the spots are not all out repeat the operation until they are faded. Boiling in buttermilk and repeated sunning will have the same effect."

### Some Novel Recipes.

"A member asked some time ago for a recipe for graham cracker cake. I am de-

lighted that I have one which may be what she is looking for."

"I take great interest in your Helping Hand Corner and enjoy trying new recipes."

"I am volunteering two other recipes which, if you have space in your corner, I should be happy to have you insert. I have baked the cakes often and found them O. K.:

"GRAHAM CRACKER CAKE.—One tablespoonful of butter, one and one-quarter cups of sugar, two eggs, one and one-half cups of sour milk in which dissolve a teaspoonful of soda, a box of graham crackers, rolled fine; one teaspoonful of vanilla. Bake in two layers."

"SODA CRACKER CAKE.—Mix together the yolks of eight eggs, one and three-quarters cups of sugar, rind and juice of one lemon. Roll a dozen soda crackers fine, grate two bars of sweet chocolate, two teaspoonfuls of cinnamon, one teaspoonful of cloves, half a pound of stoned dates, cut fine. Fold in carefully the whites (beaten stiff) of the eight eggs last of all. Bake in loaves or in layers."

"(Note: No butter or milk, and, of course, best when eggs are 50 cents per dozen.)"

"POTATO CAKE.—One cup of butter,

two cups of sugar, four eggs, half a cupful of sour milk in which dissolve half a teaspoonful of soda, two cups of flour, one cupful of grated raw potatoes; two ounces of chocolate, cinnamon, nutmeg, and cloves to taste, say about half a teaspoonful of each. Bake in loaves or in layers."

"This makes a large cake. For our family I usually take half the quantity of ingredients. This makes a nice sized cake for us."

Mrs. O. C. H."

Three novel recipes which I hope others will try. The soda cracker cake impresses me as most singular. I should think it would be too friable to hold together without the admixture of a little flour. But we take the word of the writer and believe in all three recipes until we hear something to the contrary."

My cook surprised us the other day with a delicious cake made of potato flour. And why not raw potatoes when grated fine?

### Sauteing and Frying.

"What is the difference between sauteing potatoes and frying them? And what between French fried potatoes and German?"

Kitty M."

To saute ["soy"] anything is to heat in shallow butter or fat, turning as one side is browned to let the other color. Cooked potatoes are often warmed over in this way."

To fry potatoes, croquettes, etc., cook in deep boiling fat, immersing the object to be fried while the fat is at a fast bubble. French fried potatoes are sliced thin or cut lengthwise in strips laid in ice water for half an hour; then dried thoroughly between two towels and plunged into boiling deep fat, slightly salted. As soon as they are delicately browned they are fished out with a split spoon and laid in a hot colander to drain off every drop of fat. Serve at once."

German fried potatoes are as a rule cooked and cold before they are fried. Some prefer them to the French. To my fancy they never get quite rid of the starchy taste that clings to the cold potato. The same may be said of stewed cold, cooked potatoes. The least objectionable way of serving them as leftovers is to saute them."

### The Farmer's Standby.

"A correspondent inquires how to corn beef. I am sending my way, which my family please me by liking."

"To corn beef—Put two or three pounds of the under part of a round into the bottom of a pot; season with pepper and salt—just enough for a thin layer of salt and a dash of pepper. Put some of the seasoning into the pot first; then the beef, and sprinkle that with both. Add a little piece of saltpeter. Too much makes the meat hard."

"I make sure the beef is sufficiently salted; then cover some inches deep in

## FAMILY MEALS FOR A WEEK

<b>SUNDAY.</b> <b>BREAKFAST.</b> Grapefruit, hominy cooked in milk, fishballs, pepper, toast, tea, coffee.	<b>LUNCHEON.</b> Minced lamb (a left over), stewed potatoes, quick biscuit, orange marmalade, crackers, tea.	<b>DINNER.</b> Panned oysters, French fried potatoes, thin bread and butter, orange salad, crackers, cream cheese, cocoa.
<b>MONDAY.</b> <b>BREAKFAST.</b> Oranges, oatmeal and cream, bacon, dropped eggs, toast, tea, coffee.	<b>LUNCHEON.</b> Bisque of lobster, pot roast of beef and browned potatoes, creamed carrots, tapioca jelly, black coffee.	<b>DINNER.</b> Cream of tomato soup, roast lamb with mint sauce, corn fritters, whipped potato, mince pie, black coffee.
<b>TUESDAY.</b> <b>BREAKFAST.</b> Brown potato soup (a left over), lamb sliced, dipped in batter and fried (a left over), boiled sweet potatoes, corn pudding (a left over), caramel custard, black coffee.	<b>LUNCHEON.</b> Black bean soup, beef sliced and warmed with tomatoes (a left over), spinach, potatoes au gratin, floating island, black coffee.	<b>DINNER.</b> Baked apples, cereal and cream, bacon, scrambled eggs, toast, tea, coffee.
<b>WEDNESDAY.</b> <b>BREAKFAST.</b> Oranges, rice boiled in milk, dried beef with egg, graham muffins, toast, tea, coffee.	<b>LUNCHEON.</b> Scrapie, fried sweet potatoes (a left over), carrot souffle (a left over), baked apples stuffed with nuts, cookies, tea.	<b>DINNER.</b> Cream of spinach soup, boiled calf's head, spaghetti and tomato (the latter a left over), black coffee.
<b>THURSDAY.</b> <b>BREAKFAST.</b> Oranges, oatmeal and cream, broiled ham, corn muffins, toast, tea, coffee.	<b>LUNCHEON.</b> Fried calf's brains (a left over), hot muffins, fried mush (a left over), nut cakes and tea.	<b>DINNER.</b> Mock turtle soup (made from liquor in which calf's head was boiled), veal cutlets, braised, scalloped tomatoes, stuffed baked green peppers, old-fashioned rice pudding, black coffee.
<b>FRIDAY.</b> <b>BREAKFAST.</b> Grapefruit, wheaten grits and cream, creamed codfish, whole wheat biscuit, toast, tea, coffee.	<b>LUNCHEON.</b> Butterfish, baked potatoes, biscuit warmed up from breakfast, peach preserves, crackers, tea.	<b>DINNER.</b> Vegetable soup, fried halibut steak, souffle of turnips (a left over), potato puff, orange pudding, black coffee.
<b>SATURDAY.</b> <b>BREAKFAST.</b> Apple sauce and cream, mush and milk, bacon and fried apples, toast, tea, coffee.	<b>LUNCHEON.</b> Fried calf's brains (a left over), hot muffins, fried mush (a left over), nut cakes and tea.	<b>DINNER.</b> Mock turtle soup (made from liquor in which calf's head was boiled), veal cutlets, braised, scalloped tomatoes, stuffed baked green peppers, old-fashioned rice pudding, black coffee.